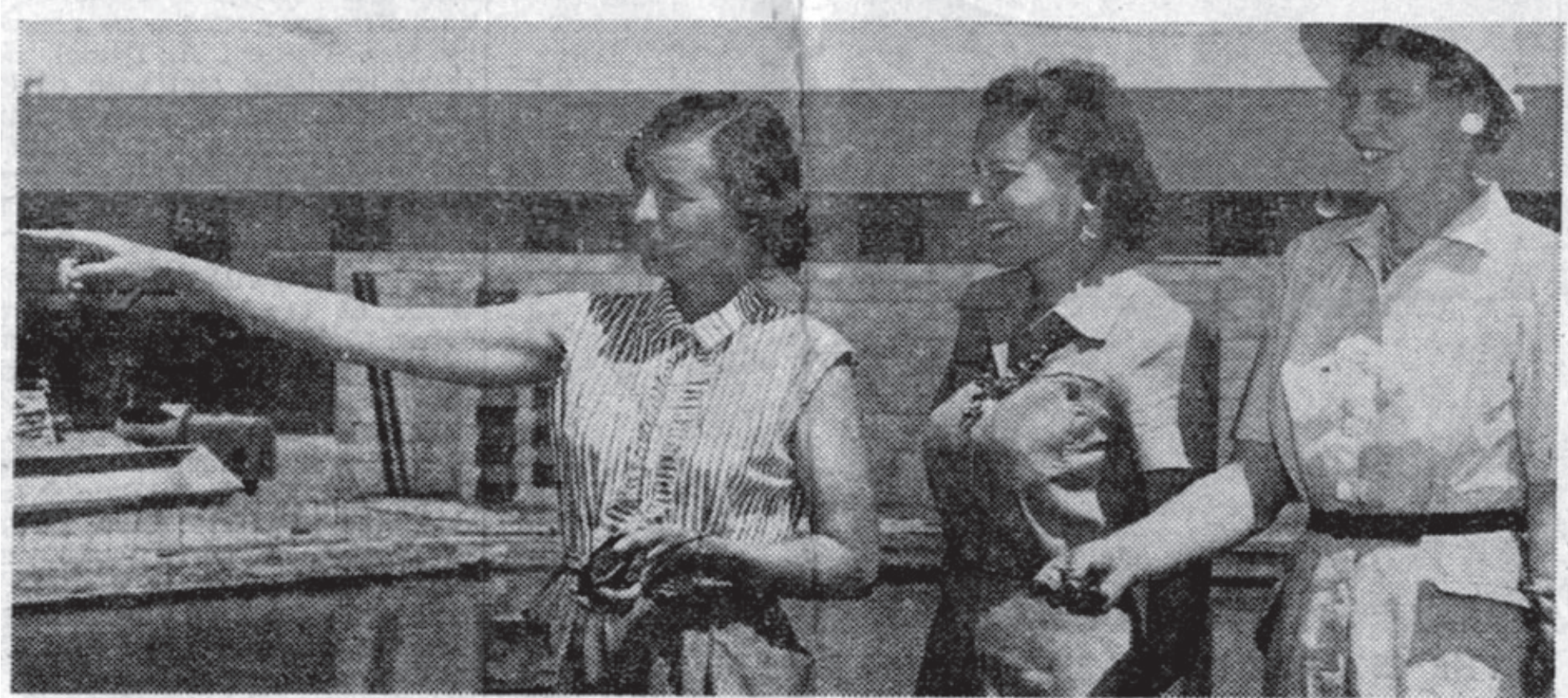


Kirtland Women Ready Officers' Club Pool for Opening



BEFORE THE GALA SPLASH PARTY opening the new swimming pool at Kirtland AFB, N. M., these women put in long hours supervising landscaping. Surveying the site are Mrs. Milan Chiba (left), Mrs. Ralph Stevenson, and Mrs. Parker Kalloch, Garden Club Chairman. Col. Harry G. Hamby, base commander, recently cut a ribbon opening the \$60,000 pool. It's a mighty welcome spot these summer days.

Pool safety stressed during summer

Swimming is a fun way to keep in shape and stay cool during the heat of summer. The sport is fun but can be dangerous if safety rules aren't followed.

The Kirtland AFB indoor and outdoor pools have certain safety guidelines that comply with Air Force Instruction 34-110 and Air Force Occupational Safety and Health Standard 48-14.

- These rules include:
- ★ Food and beverages are prohibited within 6 feet of pool edge.
 - ★ Glass Containers are prohibited in pool area.
 - ★ Smoking is prohibited in pool area.
 - ★ Individuals with obvious evidence of a cold or other communicable disease, open sores or lesions including fungal skin diseases are prohibited from entering the pool.
 - ★ Children not toilet trained must wear snug-fitting swim diapers.
 - ★ Children 10 or younger must be under direct supervision of an adult, 18 or older. Children 11-13 must pass a swim test (at the request of a lifeguard, child must swim 25 meters unaided) or be supervised by an adult.
 - ★ Showers are required before entering the pool.
 - ★ Properly fitting U.S. Coast Guard approved personal flotation devices may be used.
 - ★ Kickboards and other training equipment are for adult lap swim use only.
 - ★ Do not swim under the bulkhead.
 - ★ The lifeguard may clear the pool when deemed necessary in the interest of safety.

- ★ All patrons must present a valid ID before entering the pool.
 - ★ Bathing attire must be decent and appropriate. See-through suits, underwear, etc. are not acceptable attire.
 - ★ Any situation or behavior determined as unsafe by lifeguards must be stopped.
 - ★ The lifeguards on duty have final authority in assuring patron safety. Your cooperation with the lifeguard in matters of safety is required. Failure to cooperate with lifeguards will result in removal from pool area.
- Other safety guidelines include being aware of surroundings and keeping valuables secure, keeping children in your sights and not allowing them to run around by themselves and having enough adults for the number of children in the pool.
- Sunscreen also helps protect people from the New Mexico sun. It should be re-applied every few hours to ensure proper protection.
- Wearing sandals, flip-flops or water socks around the pool helps protect the feet. A majority of children who spend days at the pool during the summer tear up the bottoms of their feet. The soft skin on the bottoms of the toes is a target area for what lifeguards and swimmers call "toelio," a condition that causes the toe pads to wear down and bleed. Many sufferers believe they cut themselves on the bottom of the pool, but in fact it is the sensitive skin that has been worn down and scraped up from the pool and deck surfaces. Water socks and sandals are great to protect your feet and toes from injury.
- When safety standards are maintained, the pool can be a delightful place for entertainment.

Hours and programs

Indoor Pool

Lap Swim
Monday-Friday, 6-8 a.m., 10 a.m.-1 p.m.

Open Swim
Monday-Friday, 3-6 p.m.;
Saturday, 11 a.m.-5 p.m.;
Sunday, closed,
Holidays, 1-5 p.m.

Outdoor Pool
Monday, closed,
Tuesday-Friday, 11 a.m.-7 p.m.;
Saturday, 11 a.m.-5 p.m.;
Sunday, 11 a.m.-5 p.m.;
Holidays, 1-5 p.m.

Indoor Pool

Water Aerobics
Monday,
Wednesday, Friday,
10-11 a.m., 10 a.m.-12p.m.
Monday,
Wednesday, 5:30-6:30 p.m.

Swim Lessons
Monday-
Thursday, 8-10 a.m.
Tuesday,
Thursday, 4:30-6 p.m.

Indoor and outdoor pools are available for rental outside of normal business hours. Call 846-5485.